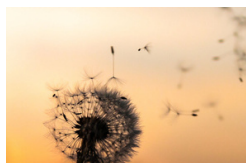




GROUP MUSIC MAKING with Bristol Recovery Orchestra. Restarts Autumn 2024

Monday 12.45 – 3pm (term time only). The Unitarian Hall, Brunswick Square, BS2 8PE.
Open to people who can play an instrument to a confident level. Regular performances. Supported by **Bournemouth Symphony Orchestra**. Instruments to loan.
New starters – contact BDP first.



DANCE AND MOVEMENT with Recovery In Motion. Restarts Autumn 2024

Tuesday 11.30am - 1pm (check for term dates). Unitarian Hall, Brunswick Square, BS2 8PE
A space to move, create and express to feel more at home in our bodies.
New starters - just show up!.



SINGING with Rising Voices!

Tuesdays 5 – 7pm. St. Paul’s Learning Centre, 94 Grosvenor Rd, St Paul's BS2 8XJ
No singing or musical experience needed! Regular performances (optional).
New starters – just show up!



BEGINNERS MUSIC with Changing Tunes.

Wednesday mornings in Barton Hill.

Open to total beginners who have lived experience of drug use and / or of being in the criminal justice system. We have instruments and can teach you how to play them!

New starters – contact BDP or Changing Tunes.



THEATRE with Oi Polloi and Bristol Old Vic. Restarts Autumn 2024

Wednesdays afternoons at Bristol Old Vic, King St, Bristol BS1 4ED

Open to adults with experience of homelessness, people who use drugs/alcohol, or feel socially isolated.

New starters – contact BDP or Bristol Old Vic



HIP HOP AND GARDENING with Hip Hop Garden. Restarts Autumn 2024.

Thursdays 11am - 1pm (includes lunch). Check for term dates. At BDP.

Facilitated by external hip hop artists, MoYah and KMT, we’ll explore environmentalism, song writing and performances. **New starters** – contact BDP first. Priority will be given to people of colour and under represented Bristol communities.



BRISTOL SOBER SPACES - sober nights out for anyone (not just recovery base)

OPEN MICS 2nd Friday of every month at Orchard Coffee Co. BS5 7LA. Sign up from 6.30pm
Plus regular gigs and events.



Our groups* are open to anyone with lived experience of using drugs, their families, and people who work or volunteer in similar services.

***see Oi Polloi & Bristol Sober Spaces for their specific criteria**



Independence from drugs and alcohol

GET IN TOUCH: BDP 0117 987 6000/07593 259 257/sophie.wilsdon@bdp.org.uk

Bristol Old Vic 0117 2493993 (x 8651) **Changing Tunes** 0117 920 0151

August 2024